

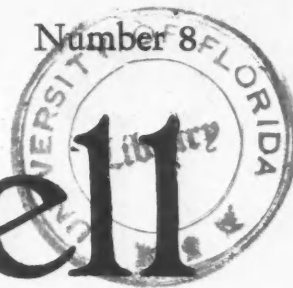
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Volume XL

May, 1943

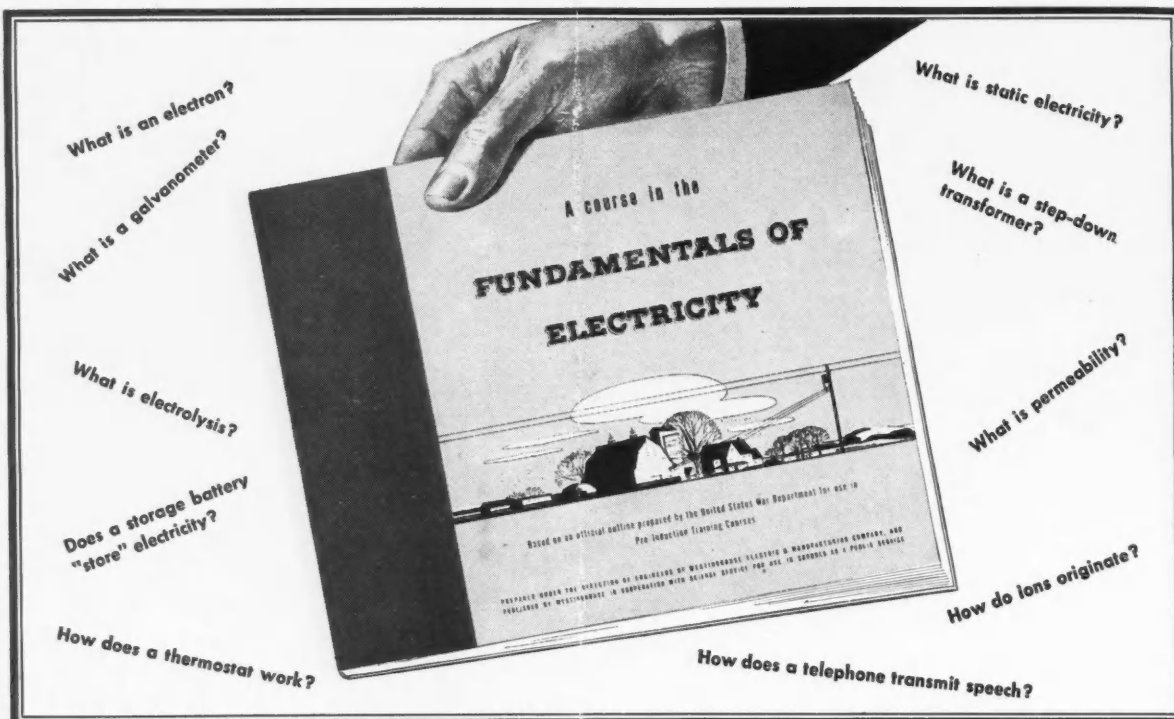
Number 8

The Cornell Countryman



GRADUATION ISSUE

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Contents of "Fundamentals of Electricity"

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1. Magnetism Explained	14. The Electric Battery Cell	28. Motion, Force and Work
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As We Were

With this issue we cease production until next fall. This is the graduation issue.

But the campus will no longer turn over for forty winks during the summer months. Ensigns and Curtiss-Wright girls will keep the grass trod down on the lawns during the month of June and at the end of June again will be heard the chatter and laughter of the Cornell students.

We say au revoir with this issue because we are not coming back for the summer session. We are taking to heart the urgent call for help in food production and we are going home to the farm to pick strawberries and hoe spinach and milk cows.

The Cover

Do you recognize the cover as the Mimm's Memorial in the garden by the WHCU studio? If you were at Cornell back in the teens you probably remember the eye sore, the public dump, that was near the studio.

To Miss Lua Mimms, an instructor in floriculture, goes credit for turning the dump into a practice garden for students. And to her is dedicated the sundial that sits amidst the flowers.

New Countryman Board

This is the first issue put out by the new Countryman Board. The members are listed in the masthead.

Except for the business manager, the Board is all women. But we are not going to let this stand in the way of our editing a Countryman that is for both men and women.

We have to think of readers like the one who sent us this note attached to a dollar bill:
Dear Editor:

Here attached is cash on the barrelhead to the tune of one dollar in currency of the realm for a one-year subscription to the Countryman, just to show you that I was simply busy, not obdurate, when you asked me if my subscription had not run out.

J. T. Kangas '38

In This Issue

This issue could be called a Gardening Issue; for we have three articles on growing and serving vegetables.

Our main feature is "Serve Soybeans"page 3

The latest developments of the Victory Garden program is found onpage 5

On Campus Countryman page we have "Gather or Grow Greens"page 6

Our light feature for this month is by the editor. Our editor was supposed to write a term paper one night, but her thoughts strayed far away from Cornell and term papers, and this is what she wrote. "The Little Things I Love".page 4

THE CORNELL COUNTRYMAN

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Associated

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Young Men In Agriculture

MANY young men who enter the New York State College of Agriculture, in the Fall of this unsettled year of 1943, may not be able to complete more than one or two terms before they are called for military service, or for the equally important duties of full-time work on farms.

Three Ways

The faculty of the New York State College of Agriculture endeavors to serve the interests of those who enter as freshmen next fall by providing for them three possible ways to use their time to greatest advantages. These are:

1. To furnish instruction with close and definite applications to farming and related occupations.
2. To offer a wide selection of courses in agriculture to provide a basis for future occupation and education.
3. To maintain the freshman's normal program that emphasizes the study of science as a foundation for further college study.

A Flexible Plan

The flexibility is sought by extensive substitutions in the usual freshman schedule that will allow a certain amount of leeway as to selected courses; the substitutions count fully toward graduation with the regular college degree, with the proviso that the required subjects which they replace must be taken in a subsequent year.

This means that the requirements for graduation have not been chanced, nor have the standards been lowered in any way. It means only that the order in which some subjects have heretofore been studied may be reversed. In that way, strictly agricultural courses may predominate during the first year. Hence, young men may become immediately useful in food production when and where needed.

For further information write to the College of Agriculture, Ithaca, New York for the

**Announcement of Courses
for
1943 - 44**

The Cornell Countryman

A Journal of Country Life - Plant, Animal, Human

Volume XL#

Ithaca, New York, May, 1943

Number 8

Serve Soybeans

THERE will be a new vegetable in many gardens this year, a vegetable that is one of the best meat substitutes we have. It is the soybean.

Soybeans are a better food than other beans and peas because they have $1\frac{1}{2}$ times as much protein and the protein is more readily used by the body. Soybeans have 12 times as much fat and only half as much carbohydrate as other legumes. Even much of this carbohydrate can not be used by the body. The fat is of such a kind that it is not stored in the body as readily as are other fats. (Dieters will be glad to hear this). But the fat in the beans comes in handy when you want to bake them, and salt pork or bacon fat is scarce.

Dried soybeans are rich in vitamin B₁, calcium, and riboflavin. They contain some vitamins A and E, and some iron. Green soybeans contain much more vitamin A besides the other nutrients. The bean sprouts have as much vitamin C as tomatoes. Sprouted beans can be cooked with as little fuel and as quickly as a pork chop.

Seven Ways To Serve

THERE are at least seven ways of using soybeans as food. You will probably eat the ones from your garden either green this summer or next winter as dried beans or bean sprouts.

The green beans are like baby limas. When the pods are nearly full size but still green and tender, you can pick them, boil the pods for 3 to 5 minutes, and shell them. The shelled beans then cook very quickly. They have a good nutty flavor and need little butter.

The cooked green beans are also tasty in a scalloped dish with bread crumbs and a tomato or cream sauce. They can be put into a vegetable salad as leftovers.

The dried beans can be served

in all the ways other dried beans are served, except that some varieties take longer to cook. Always soak them overnight before cooking. Use them hot as baked beans, in chili con carne, bean loaf, bean souffle, imitation sausage, and soup. Cold they make appetizing salads, sandwich filling, or a pie filling, if mixed with milk, eggs, and spices.

For dishes like souffle and soup you press the cooked beans through a sieve and use the pulp. This pulp adds a good flavor to meat croquettes when used in the place of bread crumbs.

Soybean Sprouts

SPROUTED soybeans have long been used by the Chinese as a food that needs little fuel for cooking, has a pleasing flavor, and is high in food value. Housewives can buy the dry soybeans and sprout them easily at homes, says Prof. C. M. McCay of the New York State College of Agriculture. The sprouted beans, as well as dry soybeans are expected to be available at some retail stores in the state shortly. The sprouts are sold like any other vegetable today in New York City's Chinatown.

The beans together with their inch or two-inch-long sprouts can be cooked as a vegetable, served in salads, fried, mixed in stews or casseroles, or added to scrambled eggs or omelettes. They do not get mushy in cooking but taste crunchy. They cook quickly in 10 to 20 minutes, and cause no intestinal gas as do most kinds of dry beans.

How To Grow Sprouts

Equipment needed for sprouting the beans at home includes the dry beans, a can of chlorinated lime, a wide-mouth container for the beans to sprout in, water, and a few pieces of clean cloth and cardboard.

The beans should first be cleaned to remove broken pieces and other

seeds, then they should be washed and left to soak overnight in lukewarm water. One pound of beans takes about 3 pints of water. A pinch of chlorinated lime is added to the water to keep molds from growing.

IN the morning the water is poured off, the beans are poured into the sprouting container which has a hole in the bottom to allow water to drain out. They are covered with a damp cloth and a damp cardboard to keep out light and are watered several times a day. Each evening they are sprinkled with water that has a teaspoonful of chlorinated lime added to each three gallons.

A clean flower pot makes a good sprouting container. If a fruit jar or milk bottle is used, the container should be inverted after each watering so that the excess can drain out, and they should be kept in a dark place.

The beans are ready to eat in about three to five days. If they get warm after the second day, the water with which they are sprinkled should be cool.

Methods of sprouting and cooking the beans have been tested in the laboratories and kitchens of the state colleges of agriculture and home economics, says McCay. Home demonstration agents in the counties have additional information on cooking sprouted soybeans.

Commercially soybeans are made into flour, grits, soy sauce, soy milk, and oil.

The flour and grits are used in practically all dishes where wheat flour is used; bread, meat loaf, pancakes, pie crust, and even cookies. Soy milk is very nutritious and good for feeding babies if other milk is not to be had. It can be used in cooked foods as cow's milk.

Soybeans are definitely here to stay. Why not add a few rows of them to your victory garden and see for yourself how they are?

The Little Things I Love

By Betsy Kandiko '44

WE sold the farm yesterday. I know we had to, but somehow it does not seem right for somebody else to be living on "Lonehill Farm." Part of me is on that farm, left there from all my eighteen years of calling it "home." As I sit here, hundreds of miles from my farm (it is still my farm, even though some strange people are living on it), I can look off into the darkness outside my window and see the two hundred acres spread out before me. I do not see the house and the barn. They do not mean anything to me. It is the little things I see, the things I shall never find again in any place I live. It is the things I discovered and I used and I loved, and now these other people will discover them and use them and—will they love them?

There is the arbutus patch that I walked past every day on the way to school. I would start from home five minutes early so I could stop along the road and smell my arbutus. I wonder if this spring the tiny pink and white blossoms will miss my coming to see them every day.

I WONDER if anyone will go through the pine woods and fol-

low the crooked little path up to the craggy top of West Hill until he comes to my lookout peak.

I cannot think that my favorite black cherry tree is mine no longer. For years I used to practically live in it while the cherries were in season. I knew just where to put my feet so I could reach the tiptop of the tree. Somehow the fruit up there tasted better than that farther down. The robins thought so too, so it was a race to see whether the robins or I would get the best cherries on the tree.

I don't want strangers riding along my bridle path. I made that path, trotting and galloping along on Bob and Jack and big black Kate.

SOMETIMES we'd stop in the pine woods and I'd rest on the cool moss and dream. The moss would feel as soft as fur on my back but on my bare legs and arms it tickled. Many times I'd forget how late it was and I'd suddenly come out of my day-dreams to hear a faint, far-off "Yoo-hoo", which was Dad calling me to supper. On the way home, I'd often hear the first calls of the night birds. The whippoorwill was my favorite.

I wonder if the whippoorwill will come back this summer. I am going to miss his soft, mournful cry. After an early supper, I often used to sit on the porch waiting for the first note to sound from his unknown perch off in the grayness. I never could tell from his call where he was. First the notes would be loud, then soft; they seemed to just float through the twilight.

I always liked to be outside when the sun was slipping behind the western hill and shadows were creeping down from the woods. It was good to lie on the grass and listen to the crickets chirp under the stones, and see the gray toads hop out into the evening coolness, heading for the garden and their nightly meal of bugs and flies. It was good to just be there, seeing the fireflies signaling with their little tail-lights, and smelling the freshness of the southward breeze.

Now all these things are gone from me—my arbutus patch, my cherry tree, my lookout peak, my whippoorwill, and all the other little things I love. Now they are in the hands of strangers, because we sold the farm.

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Fresh From The Garden

"EIGHTEEN million victory gardens" is the national goal for 1943 set by the United States Department of Agriculture; and New York State hopes to grow *one million* of these gardens!

Since the armed forces and allies will need over one-half the 1943 commercial pack of canned vegetables and over one-fourth the foods we produce this year, there will be fewer fruits and vegetables available for American dinner tables.

Good food habits require that people eat from four to seven servings of fruit and vegetables every day; yet shipping shortages and rationing programs will cut each family's supply far below that health standard.

Nearly every New York State farmer had a garden last year, but because of the lack of farm labor and machinery many of these gardens cannot be greatly enlarged. However, in cities, towns, and suburbs gardens may and must be expanded into the backyards, community, allotment, school, and industrial gardens. The state expects to have twice as many non-farm gardens as farm gardens in 1943.

Increasing the number of gardens of non-farm families, in many cases, will give indoor workers a chance to get exercise and sunshine, while they lower their costs of living. The work entails no problem of package or transportation for home use, and little worry of labor shortage, for no extra effort other than the owner's is needed.

THROUGHOUT the nation communities have tackled the problem of growing gardens by cooperation and coordinating their organizations' activities, with marvelous success. Farm and Home Bureau and 4-H Club members, Girl and Boy Scouts, Garden Clubs, and others have all sponsored victory gardens. Commercial companies have given advertising and instruction; railroad companies have given land along their miles of tracks to employees; communities have offered land and instruction to people who wish to plant gardens; individuals have donated land; and

school children have grown gardens to provide for school lunches.

In one locality the Community Chest helped support the Victory Garden Council and kept its records; the Chamber of Commerce got bids for fertilizer and seed for the community; the Garden Clubs distributed seed packages; the vocational agriculture teacher and his students gave demonstrations in planting; the school superintendent planned a tool-lending center; and the Junior Chamber of Commerce boys and girls volunteered their services to make surveys of families' needs and land available for gardening.

The Program Set-up

THE National Victory Garden Program was organized by the National Office of Defense Health and Welfare Service and the United States Department of Agriculture.

In New York State the responsibility for all victory garden work rests on the shoulders of the New York State Victory Garden Council. Director of Extension L. R. Simons is chairman of the Council; and Prof. Albert C. Hoefler, 4-H Club State Leader, is director and executive secretary. The State Council lays out the gardens' plan for the state, and brings together the heads of all interested state organizations.

In each of 61 counties there is a County Victory Garden Council, for which the secretary and county-coordinator is usually the 4-H Club agent.

THE State Colleges help garden councils work out subject matter aids and training; give information by radio, press, and movies; and they offer the services of specialists in the departments of floriculture, vegetable crops, and foods and nutrition.

They distribute to selected leaders Bulletin E-344, "The Home Garden." They also prepare and distribute free of charge to all New York State residents a series of six Victory Garden Leaflets which may be obtained by writing to the County Victory Garden Coordinator, or

to the Office of Publications, Roberts Hall, Ithaca, New York.

The six Victory Garden Leaflets are published at seasonal intervals. Numbers 1, 2, and 3 have already been published.

Leaflet No. 4, which will be distributed this month, deals with garden care and culture. Published later this month, Leaflet No. 5 will discuss food preservation by the boiling water method, pressure cooker method, oven canning, and canning fruits with and without sugar as well as with substitutes. Leaflet No. 6, the last of the series, will be published early in July. It will describe the best methods of storing fruits and vegetables.

Food Preservation

KEEPING up with production is a nation-wide program of the Wise Use and Preservation of Food, to prevent waste. Since metals and the machinery for manufacturing pressure cookers (necessary for canning vegetables and meats) are no longer available in unlimited quantity, women are sharing their cookers with their neighbors. They are meeting and working together at canning centers, cooperating through the home bureaus and 4-H clubs, Red Cross, church and school groups, and other interested agencies.

Leaders may obtain Bulletin 583, "Canning at Home" by Marion C. Pfund, by writing to the Office of Publications, College of Home Economics, Ithaca, N. Y. All state residents may obtain free of charge, by writing to the above address Bulletin 560, "Vegetables in Victory Meals" by Faith Fenton; Bulletin 526, "Buying Food for the Family"; and mimeograph A-1241, Home Drying of Vegetables and Fruits", by Marion C. Pfund. Victory Garden Leaflets Numbers 3 and 5 mentioned above would also be helpful.

Let's not have to diet next year, but dig in now and follow the Victory Garden aims for "Production Wise Use, and Preservation." It's more fun and more patriotic to get our own dinners—fresh from the garden!

Campus Countryman

Gather Or Grow Greens

The average person delights in something for nothing, but he fails to realize that we have here in New York State an abundance of greens which ordinarily go to waste. In woods, swamps, along roadsides, in fields, pastures, and even in door-yards, edible weeds can be gathered. Besides having aesthetic appeal, crispness, fresh color and flavor, these greens contain the whole string of vitamins—A, B, C, D, E, G and also the minerals iron and calcium.

The most common weed used is dandelion which may even be canned. The stems become tough after flowering and so should be used while still young and tender. Winter cress may be gathered in early spring and again in late fall and used as greens. Water cress makes an excellent food. The young leaves of the stinging nettle are good when cooked. Likewise dock and sorrel may be used; the young leaves and stems are best. Have you ever used milkweed shoots like asparagus? Chicory may be used cooked or raw; after blooming it becomes tough. Purslane and lamb's quarters are good either cooked, or raw in salads.

Warning: Some weeds are poisonous, so use only those mentioned in reliable sources. Avoid members of the wild carrot family, Queen Ann's Lace and other related plants with lacy foliage, those having small white or yellow umbrella-like flowers and those possessing a strong odor when the stem is crushed.

These are the wild greens; your real source will be your garden. Turnips, beets, mustard, collards, kale, spinach, swiss chard, lettuce, and cabbage are the common green vegetables. Make succession plantings of these and you will have edible greens from May to November. Brussels sprouts and broccoli are also good. Kale will be your last source of greens, staying until November.

Whether you gather your greens or grow them, serve them often for they are chuck-full of health value.

Can Whole Tomatoes

Tomatoes canned with the pulp and seeds contain food value not saved in tomato juice.



Marjorie R. Heit '43

If one sees a co-ed on the Cornell campus with a plaid skirt and a gay plaid shirt that doesn't match, and with three keys, all strung on one chain, dangling around her neck, it is Marjorie Heit, editor-in-chief of the Cornell Countryman for 1942-1943. The three keys around her neck are from Kermis, the Cornell Countryman, and Pi Delta Gamma.

Marjorie comes from a farm near Clyde, in Wayne County. She followed the example of her brother Bill in coming to Cornell.

Marjorie's main interest turns to journalism as is evident by her extra-curricular activities and the courses she takes. She has been on the Countryman board for three years. During her junior year, she was feature editor of the Cornell Countryman, and during her senior year, editor-in-chief. In her junior year, she was elected to membership in Pi Delta Gamma, women's honorary journalistic society, and this year she has been secretary-treasurer of the group.

She has been a member of Kermis for two years. While a junior, she took part in the annual play production. This year, Kermis produced a play Marjorie wrote, a short farce, "Driven from the Old Homestead" or "To the Shores of Tripoli."

Marjorie is such a busy person, it is almost impossible to find her, even for an interview. We got this

one on the run after dinner one night.

Earning all of her college expenses accounts for much of her time. She worked one and a half years off campus, and has been waiting on table in Willard Straight for the rest of her four years. Marjorie holds two scholarships; the state cash scholarship and the Edward Chandler Delano scholarship of Wayne County.

Her engagement to Kenneth Parkes, a senior in Agriculture, who is now in the U. S. military forces, has just been announced. Marjorie wants to write or enter journalism after graduation, perhaps, until she becomes Mrs. Parkes.

No Bottlenecks Here

In one week from the day a request was made to the Agricultural Engineering Department for help on the scarcity of commercial chick brooders, the Department had two homemade brooders finished and a bulletin printed telling how to build them.

Professor Robb of Agricultural Engineering had a meeting with the Agricultural Engineering Advisory Board of the G.L.F. Corporation on Saturday morning. Meanwhile Dr. Wright and his assistants built the two brooders, largely from homemade materials such as lumber from a blown-down shed, wall-board, and plain iron wire. The brooders were ready for inspection Saturday afternoon.

At the meeting a poultryman set up requirements for a brooder and in the afternoon the bulletin was started. By the next Friday the bulletin was printed, pictures and all, and Saturday morning it was distributed in the G.L.F. stores and in the central farm bureaus.

Any poultryman wishing a copy of the bulletin can write to the Agricultural Engineering Department of the New York State College of Agriculture, Ithaca, N. Y.

New Crop Insecticide

Dr. T. R. Hansberry, Assistant professor of insect toxicology at Cornell, said the discovery of a new insect-destroyer promises a future supply unlimited by Axis conquests, shipping facilities or submarine warfare.

The insecticide is derived from the Chinese yam bean which originated in Central America and Mexico where the plant is cultivated for the roots, used as food. The most effective use is by dusting with a mixture of ground seeds and talc. The plant looks like a pole bean and next year may provide vegetable growers of the nation with a non-poisonous substitute for Cube from South America derris from the East Indies. It has many of the values of the rotenone insecticide.

Back From Guadalcanal

The part Fred A. Schaeffer III '42 played, amidst jungle heat, freezing nights, savage reptiles, and monotonous days with the dread of surprise bombings, in Guadalcanal, earned for him the distinguished award of the Order of the Purple Heart for wounds received in exemplary action.

Lieutenant Schaeffer's scouting expedition was taken by surprise in an attack by Japanese soldiers. Although outnumbered and poorly equipped, Fred and his party held off the Japs until help came. The Lieutenant, as a result of his attempts to stave off the attackers with a tommy-gun, received wounds in the arm, shoulder, and chest.

Dear Jim . . .

SPRING is here again—with frost-bitten fingers and frozen feet, but spring nevertheless. And with it come rumors of house-parties. That is the situation as my roommate and I discuss it while brewing tea on the propped-up iron and watching the snow swish by laughing at our tomato plants on the window sill.

Jim, tell me, did you ever hear of the Cascadilla Courts? I hadn't the slightest idea where I was going this morning for my first tennis class. I had vague directions about "a curved path near Barton" leading down "somewhere by the Gorge". I found it, but needless to say, was fifteen minutes late.

I sauntered to the Straight after class to get a final glimpse of our beloved hangout. It seems that the army will be hungry when they arrive in a few weeks, so the cafeteria will be taken over for their mess hall and the Memorial Room will be converted to a canteen-soda bar for use by the last vestiges

of the student body.

In one of our talk fests the other night, we were trying to rearrange the Straight facilities so that at least the Memorial Room wouldn't be sacrificed for the war effort. But we finally decided that, for fellows like you, anything goes, even the Straight dances!

You see, if we close our eyes and pretend a little, we can make ourselves believe that life here is almost as high-spirited as it was "way back when . . .". Activities are making a supreme effort and doing a fine job with man shortages and almost no time at all.

Art classes, and Ag ones too, look queer with rows of empty seats, but the spirit is there. In fact, the spirit got away from me a little in one of my foods classes the other day. I made my contribution in a poetical way with:

"I never saw a vitamin;

"I never hope to see one—

"But this I will say anyhow:

"I'd rather see than B₁."

Milk Study At Cornell

A joint research project undertaken by Cornell scientists and the research laboratory of the Children's Fund of Michigan, at Detroit, will be conducted to learn why infants thrive better on human milk than on cow's milk, and how modified, improved cows' milk can be prepared. President Day announced that a grant of three thousand dollars has been received from the Nutrition Foundation, Inc., for a study of cows' milk under specific dietary conditions. The research will be directed by Dr. L. A. Maynard, professor of nutrition and director of the U. S. Nutrition laboratory at Cornell, and B. L. Herrington, professor of dairy chemistry. Dr. John Lawrence, a research associate in the School of Nutrition, will carry on the study here under the direction of Maynard and Herrington.

This study will parallel a similar study on human milk to be carried out by Dr. I. C. Hoobler, director of the research laboratory of Children's Fund, Detroit, Michigan. The combined studies will attempt to ascertain the chemical differences between cows' milk and human milk, which may serve to explain why babies are more successfully reared on mother's milk than on cows' milk.

Farm Notes

The number of dairy cows dropped 1 per cent during 1942 in New York State. This is the first year since 1936 that the number has decreased. The total milk production in January 1943, perhaps because of the decrease in the cow population, was lower than that of January 1942.

To get a good stand of hay 15 to 18 pounds of seeding mixture to the acre is usually enough; on especially good soil 10 to 12 pounds may be enough.

Mulch, manure, and cover crops will be needed by many orchardists who cannot obtain enough nitrogen fertilizer. Cornell's War Emergency bulletin, No. 27, describes steps a farmer can take to meet this problem. Single copies can be obtained from the Office of Publications, New York State College of Agriculture, Ithaca, N. Y.

The Limit

Jones was a farmer who grumbled at everything. However, this year everything was fine—especially the potato crop. His neighbor wanted to see if he would grumble now.

"Well for once you must be pleased. Everyone is talking about your fine potatoes this year."

"They're pretty good," admitted Jones grudgingly, "but where are the bad ones to feed the pigs?"

I don't think my instructor quite appreciated it!

I know you're anxious to hear what the old gang is up to lately. Liz will be a senior this summer and she's putting her all into work these days. We stand in awe when our old prankster sniffs disdainfully at any suggestion such as "Come on, Liz, rattle a foot, we're taking over J. P.'s tonight."

The best surprise of all—we argued with that cattle man Frank until he *almost* gave up his ideas about Aberdeen Angus cows. We're still working on him. We'll consider our lives well spent if we can convince him that the A.A.'s aren't the only breed. But, confidentially, we think they are pretty good, ourselves!

All this is to let you know that we're not letting the Big Fight and its complications scare us; but we do all we can, in our own way, to preserve Cornell spirit in war now and in peace later.

Good-bye for now,

Red

Cornell Homemaker

Letter Home

Dear Mom,

Well, that was a wonderful spring vacation even if I did have the German measles. It seems as if half the Cornell students have been in the infirm with them. Now that everybody is studying again, it seems as though we hadn't been home at all. It was grand to see the family and the few friends that were in town.

There are many more informal dances than formal ones going on around the campus lately, since evening clothes are getting hard to have cleaned. Everyone seems to like them, and when a big formal comes along, people will enjoy it more.

Guess what, mom! I've learned to like liver. We hear so much these days about how it is tops on the health ladder, so I bought some in the cafeteria one day. Pork liver, especially, is inexpensive to buy, and isn't likely to be rationed. If the tough membrane around the edge is cut off, the liver will be much more tender. You'll have to try it at home.

Members of our household economics class gave some good reports on electric refrigerators recently. They gave some technical points about their construction to show us that proper circulation and clean parts keep any refrigerator running efficiently. So many times we jam containers, paper bags, and all sorts of things inside the box. Paper is a good insulator, so it keeps warm air inside the bag and prevents the food from cooling. Covers should fit tightly on every dish of food placed inside. Of course you know that the coldest spots are around and under the evaporator, or ice compartment. Along the outside walls is warmest. When I'm home next month, I'll clean ours for you with baking soda or borax in warm water.

I did something today that worked beautifully. My gray skirt had a fair-sized hole down the front of it, and you know how I love that skirt! Well, I glued a patch on with mending cement, and it's practically invisible. It will withstand quite a bit of wear, too.

Mom, dear, this will be my last letter until I see you May 25. That won't be long. Take good care of yourself so we can do some things together when I arrive.

Love,
Carol



Louise Mullen '43

Louise Mullen, our Countryman business manager, holds a sincere love and desire for farming and extension work. This motive has brought forth the best efforts from Louise, as proved by the initiative she has shown through her four years in the College of Agriculture. Her love for farming is no surprise, when one learns that Louise has spent her life on a farm. At Cornell her field has included general agriculture courses, with vegetable crops as a major, and some sewing and design in the Home Economics College, which she enjoyed very much.

As one of the oldest in a family of twelve, Louise's early experience with planting provided considerable financial aid and rooted a deep interest to go further. Louise has earned all of her college expenses, working in a private home during the school year, and doing summer work to pay for fees. This year she is a waitress in Balch, and has been awarded a scholarship room there. She also had a National Junior Vegetable Growers scholarship.

With all this responsibility, there seems little time for interests outside of study. But Louise has not been lacking in activity or leadership. She is on the Ag. Domecon Council, and has held several positions on Willard Straight committees. One year Louise was co-chairman of the Off-Campus Committee. 4-H Club ranks high as a major interest, as Louise completes her twelfth year of membership. As a 4-H enthusiast, she has

attended several national conventions, and has competed in many judging contests. Louise is a member of the Extension Club, Vegetable Crops Club, and is Ceres of the Cornell Grange.

Upon leaving Cornell, Louise looks forward to doing 4-H work until her fiance returns from North Africa. Louise hints she met Virgil Phelps at a 4-H convention here at Cornell six years ago. Similar interests in farming attracts both to a certain farm in Genesee county.

"I have a keen desire to help other farm boys and girls," she expresses. In Louise one finds a perfect combination for such a job—sincere liking for the work, background of experience from childhood on a farm, an understanding of the type of people, and a good general education in agriculture and some fields of home economics. But more than that, Louise is a friendly, pleasing person who has the aptitude to succeed.

Soften Your Water

Hard water troubles may bother you. Since it is hard for the housewife to determine the hardness of water in her district, the best method is for her to know when the water is hard, get a good softener, and stick to it. Most softeners are set for the hardness of 200 parts of calcium per gallon, so if you do know your kind of water, you can figure accordingly. But the important thing that economics students have found is that water softeners cut soap bills to a fraction. After water is softened, small amounts of soap form suds quickly without that disturbing gray curd. Suds that will stand for 5 minutes prove that the water is soft. Water that feels slippery may be over softened, a bad thing for most fabrics.

What's New And Due In Bulletins

Home canning is becoming more and more vital to us in our everyday lives. We are not able to buy commercially canned foods as was once possible; but we wonder how we are going to can more when we have fewer materials to work with, particularly sugar. In order to meet the homemakers' needs, Louise Stanely, Mabel Steinbarger and Dorothy Shanks have revised the *Home Canning* bulletin, number 1762.

In the same field, the bulletin, *Jellies, Jams, and Preserves*, num-

ber 1800, has recently been revised by Fanny Walker Yeatman and Mabel Steinbarger. Write to the United States Department of Agriculture and request them by name and number.

Girls In Coveralls

Here's a picture of a typical girl's mechanics lab, held some afternoon in the ag engineering building. Oh, didn't you know the Home Ec girls took ag engineering? Well, now that you do, you may wonder why, and how they expect to use this type of knowledge. Most of the girls who don coveralls to learn a little of household mechanics do not expect to get jobs in this field, but more essentially to learn the principles involved in the operation, care and repair of small mechanical devices. Ability to think and reason in terms of machinery is an excellent thing for any home economist, who so often runs up against such problems. Sewing machines, automobile engines, electrical equipment and plumbing are included in the exercises and problems that the girls work out. And they can figure them out, too!

Back to the description of the girls working in the shop. Each one is well covered by the not-too-becoming coveralls furnished by the department. Big ones, baggy ones, new ones, faded ones, all bringing

out different characters in their wearers. With every lab period, some girl finds a new pocket in an unexpected place on her mechanics suit. In this attire, the girls are free to really get into the working parts of machines, take them apart, and replace them again. An observer might see a girl oiling a sewing machine, tinkering with a car engine, or cutting a metal pipe in two. Most girls actually enjoy getting dirty and greasy, when it doesn't matter how they look.

Devices once thought complicated are shown to the students to be simple in principle. Actually a girl can be just as handy and clever with tools as the opposite sex, but her early training has been in an environment apart from them. She is not encouraged to handle mechanical toys as a child, so does not become curious about working parts. But once the mechanical reasoning, manipulating, and language is put in her hands, she is fully capable of carrying out mechanical work.

A Sure Cure

Miss Rose, former director of the College of Home Economics, used to tell about the vigorous instruction given in the home ec classes. Once she said, she had left her office door open and this is what she heard:

"If you have a stomach ulcer cut

Use Citrus Peelings

Peelings of grapefruit, orange or lemon contain nutrients just as other parts of the fruit. Much of this scurvy-preventing Vitamin C is thrown into the garbage can; but you can make use of it if you are wise.

Bitterness is the big objection to citrus rinds. Since sugar rationing prevents much candied orange peel, use the peel in salads, sandwich spreads, pies and cakes. Here is a dandy orange bread suggested by our college: 2 orange rinds, $\frac{1}{2}$ cup sugar, 1 cup water, 3 cups enriched flour, 4 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, 1 tablespoon melted butter, 1 cup milk, and 1 egg. Put the peel through a food chopper, cover it with cold water and let it come to a boil. Drain, add the $\frac{1}{2}$ cup of sugar and the cup of water and cook until thick. Cool. Sift the dry ingredients, add the beaten egg, milk, orange peel, and butter. Put the mixture in a well-greased loaf pan and bake at 325°F. for 50 to 60 minutes.

The orange rind can also be added to your yeast bread recipe.

For variety try grapenuts in waffle batter. Just sprinkle two tablespoons of grapenuts over the top of each waffle after it's poured on the waffle iron. Bake as usual.

it on the bias and fold in with a dover egg beater."

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On The Campus

Former Student Notes



'19

John L. Buys is a professor of biology at St. Lawrence University at Canton, New York. He has three children, Marilyn, Janice, and Norman, who is a freshman in Arts at Cornell.

Earl B. Daum is a licensed real estate broker in Buffalo, New York. He says that in spite of his bachelor's life he is in the "pink" of condition and that business is good.

Charles G. Peck has recently been assigned to Hdqrs. Co., Army Air Force Technical Training Command, Basic Training Center 4, Miami Beach, Fla. Peck entered the army last fall.

Henry G. F. Hamann is very much alive and busy these days. He is with the Agricultural Marketing Administration in Washington as part of the U.S.D.A., and is national supervisor on Poultry Products Grading work.

'25

George S. Jameson is occupied these days working on the reproduction and distribution of ordnance automotive publications at the Holabird Ordnance Depot, Baltimore, Md.

'27

Elliott C. Rhodes is bringing his daughter Charlyn and twin sons, Dennis and David, up right on his poultry, vegetable and general crops farm in Clarence Center, N. Y. He is master of Clarence Subordinate Grange and President of Clarence Center Community.

'28

Harold A. Carter is assistant land valuation engineer of the U.S.D.I. Fish and Wildlife Service in Minneapolis, Minn. He was transferred to the that position from the U.S. Forest Service in September, 1940.

Donald S. Creal is on leave from his position as lighting engineer for the New York Power and Light

Corp. to serve as second lieutenant in the Coast Artillery, Anti-Aircraft. He is now stationed at Camp Stewart in Georgia.

'30

Earl B. Pattison, who has been working with the AAA in Chataqua county, has become assistant agricultural agent for Genesee county with headquarters in Batavia, New York.

'31

George John Dinsmore is vocational ag teacher at Charlotte Valley Central School in Davenport, New York, and Jefferson Central School, Jefferson New York. He says that he's trying to do a full-time job in both schools and consequently has his hands full.

Clyde G. Craig is a first lieutenant in the Army Air Forces, Randolph Field, San Antonio, Texas. Working with another former hotel manager, he revised the mess managing system. Clyde was formerly manager of the Country Club of Cleveland, Ohio.

'32

Valentine B. Pratt is doing "right well" by himself in the retail feed business in Corning, New York. After graduation he spent five years on his family's farm in Prattsburg, and in 1938 he married Emma Louise Lathrop of East Aurora.

Leonard M. Palmer is showing the kids that farming has its joys and sorrows at Corning High School, Corning, N. Y. He is teacher of vocational agriculture there.

Frank Finnerty has just become 4-H Club agent in Steuben county after nine years as teacher of vocational agriculture at Addison Central School.

'36

Gordon M. Cairns, since 1939 head of the department of animal industry in the College of Agriculture at the University of Maine, now heads research work as well as teaches in animal husbandry. On March 18, he was appointed head of the department of animal industry in the Maine Agricultural Experiment Station.

John W. (Jack) Spaven, former editor of the Countryman, graduated from the Naval Training School at Dartmouth on March 4, after a two-month training period. He left his job as extension editor at the Massachusetts State College at Amherst, Mass., to join the

Navy. In the navy blue and gold stripes of an ensign he expects to be in the aircraft branch of naval work.

'36

John W. Spaven has given up his position as extension editor of Massachusetts State College for a while to train in the US Naval Reserve. From 1936-40 he was assistant editor of the University of New Hampshire.

Burel Lane, taking time off from work with bees on the farm in Trumansburg, has been assisting in apiculture in Cornell's department of entomology since September. He was elected president of Empire State Honey Producers' Association at their annual meeting.

'37

Helena Palmer Wall had her second youngster, Llewellyn, last March. Helena says, "Sandy is in charge of aircraft ignition development and manufacture" with the P. R. Malory Company.

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Earle W. DeMotte, President

A note of sadness touches our Former Student Notes this issue with these words: "Captain Verner F. Ogi, killed in action on the African front." But the message he wrote his folks home a few weeks before his death might well be quoted here: "If you read in the papers that something new had taken place, you will know that we are in there pitching with all we've got. Every inch of ground we take will be held for keeps until peace can again settle over the world!"

Letti Holzer Kolb is now a full-time homemaker and mother, after about three years of Home Service work. Her last job was with the Philadelphia Electric Company. She says, "I found leadership problems galore in Home Service work."

'38

Mary Wood is a cooperating teacher for Plattsburg State Teacher's College and is located at Westport. She completed work for her master's degree last summer.

'38

Jerome Pasto is about to finish a two-month naval ensign training course at Dartmouth. He then expects to be transferred to a photographic school in Maryland.

Richard G. Buchauer, formerly with Hoddick & Taylor in Buffalo, New York, is now in the Army with a private first class rating. All his mail goes to B Battery, 102nd, Sep. C.A. (AA), U.S. Army, A.P.O. 921 % Postmaster, San Francisco, California. His mother writes that he is in Australia in the jungles, where there is perpetual summer. And he has seen a lot of action, too!

'39

Marietta Henderson is chairman of the city nutrition committee in Danville, Virginia. This year she is training lay leaders to teach neighborhood groups. This is all part of her work as city supervisor of home economics and in addition to the volunteer job as program chairman for the State Home Economics Association.

Kathryn Keslar says of her high school work in Sugar Grove, Pa., "It seems I spend more time helping to solve adult homemaking problems during my home visits than time with the students."

Carolyn Walborn Halborn's husband is at Norfolk, but she has returned to her job in Coraopolis, Pa. She writes, "There are so many things a home economist can do these days..."

Muriel Smith and Gladys Myers are both extension specialists in home management. Muriel is at Lincoln, Nebraska, while Gladys is a hundred and forty miles south in Kansas State College.

'40

Jess Young is a teacher of agriculture in North Rose Central High School. We hear that he is married but no one has given us the little wife's name.

Dar Hinsdale is another man who took the fatal step recently. Dar was married Sunday, December 20, to Miss Dorothy M. Eymann. Lieutenant Hinsdale is now communications officer in the Army Air Corps at MacDill Field, Florida.

George M. White is living at 126 Church Street, Odessa, N. Y. His work is teaching agriculture in the school there.

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Former Student Notes

Mrs. Leslie S. Nichols (Esther M. Smith) is a dietitian at the Nassau County Sanitarium, Farmingdale. Her husband, "Les" '38, formerly 4-H Club agent in Fulton County, is now working for Uncle Sam. One more man in khaki!

Matthew J. "Joe" Freda received his wings at Craig Field, Alabama, on November 10, and was assigned to the Air Transport Command of the U. S. Army Air Forces. He is now stationed at the American Airlines, La Guardia Field, New York City.

Don Nesbitt is an aviation cadet at Maxwell Field, Alabama. He writes that he is working very hard but is quite enthused over being classed as an embryo pilot.

John Henry Klitgord recently said "I do" to June E. Gilbert '43. John played on the Varsity Basketball and Rugby teams and is a wearer of the "C." Mrs. Klitgord is a member of Delta Gamma sorority, was treasurer of WSGA, vice-president of the Women's Glee Club, and co-chairman of the Willard Straight Tea Committee. In addition, she was active on the Pan Hellenic Council and in the Home Ec Club.

On February 1, Ann Fusek became associate 4-H Club agent for Tompkins County. For two years previous to this time she held a similar position in Columbia County.

This year Julia Ksionzyk is one of the cooperating teachers for Plattsburg State Teacher's College, and is located at Keene Valley. Student teachers in training at Plattsburg spend several weeks with her.

A letter from Eleanor Schermerhorn tells that she is teaching home economics at the Bylas Day School on the San Carols Apache Indian Reservation in Arizona, and is finding that custom, more than income, affects homemaking practices!

Ruth Walsh is assistant manager of a cafeteria in an "exclusive private girls' school in Brooklyn."

Mary Thompson Hurd is doing research three-fourths of her time in the department of Economics of the Household here at Cornell and spends the other fourth being a good homemaker.

Stuart A. Allen has a job that's a lemon! He's an inspector of citrus fruits for the Agricultural Marketing Service in Lake Wales, Florida.



with his father at Penn Yan, New York. They're wintering about 500 sheep and some cats that Jim offers to anybody gratis. He is taking a night course in an Engineering Science and Management War Training Radio School in the hope of becoming a radio technician.

The engagement of Barbara D. Merriman to H. Ralph Palmer '43 was announced recently by her parents. Barbara is a member of Chi Omega sorority and was actively associated with the Home Economics and Kermis Clubs, and Wayside Aftermath. Palmer, a student in the Veterinary College, is a member of Alpha Psi fraternity and belongs to AVMA, veterinary medical society.

Two more engagements for this class. Louise D. Nordenholt to Robert J. Schatz, and Dorothy L. Dodds to James L. Kraker, Jr. Kraker is a member of Kappa Sigma fraternity and belonged to Aleph Semach, Quill and Dagger, Scarab, Sage Chapel Choir, and was business manager of the *Cornellian*.

Farnham Pope is teaching in Savona. The person who sent us this note says Farnham is not married and has no children.

We would like to thank Elaine Seeger for sending us a card about her work and her engagement. When we announced her engagement to John H. Osborn in the December issue, we did not know that Elaine was teaching home economics in the Katonah High School and that Jack, who was an instructor in vegetable crops here last year, is now in the Royal Canadian Air Force. We are glad to report that they both like their jobs very much.

H. Blake Dodge recently enlisted in the Naval Reserve and is awaiting call. He's been working on the home farm in Leicester, New York,

up until recently when he went to work in Buffalo, N. Y.

James H. Whitaker is farming. Phyllis V. Stevenson has been promoted to chief editor on motors in the publicity department of the General Electric Company in Schenectady.

Miss Marie Call, former editor of the *Countryman* was married on February 21 to Elting Wells of Hobart College. After a short honeymoon in Buffalo, Elting left for the Army Air Corps in Atlantic City and Marie went back to her job writing radio scripts, articles, and advertisements for the Agricultural Advertising and Research, Inc., here in Ithaca.

Lt. Eugene Barnum reports from England that he has just seen the old movie, "Tin Pan Alley" and although he sat in a cinema three thousand miles from home, he said that he enjoyed it. He adds that the English people are "swell; real folks, and they can take it!"

Corinne Heaton completed work for her master's degree in September, 1942, became assistant home demonstration agent in Syracuse on August 1, 1942, and married Robert Staples in January, 1943. Nice going, Corinne!

Helena Priester writes that she is thrilled with everything as State Supervisor of Federal Nursery Schools for Oklahoma. After a year as teacher-trainer at the University of Oklahoma, Helena became Assistant State Supervisor and very soon after that, State Supervisor.

Norah Partrick Daviston has given up her 4-H Club job in this state and has gone to Texas to be with Don where he is training to be a pilot in the air force.



'42

Ruth Cothran, home demonstration agent in Clinton, county, N. Y., is working cooperatively with Arlene Pinkham, '41, to give students a glimpse of extension. "Some of the schools are very cooperative," Ruth writes. "Altogether it's quite thrilling to see some of the theories get into practice."

Can Poultrymen produce... More Poultry Products per pound of feed?

POULTRYMEN are willing and anxious to do their full share of winning this war and writing a just peace. This year their job will take an especially large amount of hard work and skill.

To boil it right down, their job is to **produce more eggs and more meat per pound of feed used.**

Best available figures show that there isn't enough feed for last year's rates of production, so the rates of production per pound of feed must be stepped up.

The job **can** be done. Here are some suggestions that should help the poultry raiser in the pinches:

1. Make more use of good poultry pasture.
2. Grow all the feed grains possible.
3. Full-feed all poultry. (A leghorn hen needs 70 pounds of feed a year just to maintain her body. An extra 25 pounds will produce 180 eggs.)
4. Fight waste of feed.
 - by not filling hoppers too full.
 - with lips on hoppers to prevent billing out.
 - by eliminating rats.
 - by continuous culling to avoid feeding boarders.
5. By good management which gets top production and prevents heavy mortality.

The following table shows the approximate feed requirements of different classes of poultry. Poultrymen who can do so should plan to raise all or part of the



grain their birds will need. All poultrymen—whether they can grow grain or not—can use the table in figuring out and planning for the feed they will need this year.

HOW MUCH FEED THE BIRDS WILL NEED

Kind of Poultry		G.L.F. Chick Starter Lbs.	G.L.F. Growing Mash Lbs.	G.L.F. Laying Mash Lbs.	Coarse Scratch Lbs.	In Place of Scratch			G.L.F. Turkey Starting Mash Lbs.	G.L.F. Turkey Growing Mash Lbs.	G.L.F. Turkey Breeder Mash Lbs.
						Corn Lbs.	Wheat Lbs.	Oats Lbs.			
100 Straight run chicks Pullets raised to maturity Cockerels sold at 10 weeks	Leghorns	350	450		700	280	280	140			
	Heavies	400	525		825	330	330	165			
100 Pullet chicks All raised to maturity	Leghorns	300	900		1200	500	500	200			
	Heavies	350	1050		1400	550	600	250			
100 Broilers Sold at 14 weeks.	Leghorns 2½ lbs.	500			300	120	120	60			
	Heavies 3½ lbs.	600			500	200	200	100			
100 Laying Hens* Producing 50%	Leghorns			4500	5000	2000	2000	1000			
	Heavies			5500	6000	2400	2400	1200			
100 Turkeys to Market Average 16 lbs. live weight	On Good Pasture				4000	1500	1500	1000	1000	2500	
	On Wire				4500	1500	1500	1500	1000	3500	
100 Turkey Breeders Sold at end of Breeding Season					5000	2000	2000	1000			2000

*These figures are for the whole laying year. For breeders, add 10% to the figures to take care of the breeding males. Breeders, of course, should be fed a special feed such as G.L.F. Breeder Mash.

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A Better Land FOR His Return

• He's digging slit trenches, now—deeper, but no wider, than those long, straight furrows he used to take such pride in plowing . . . remember? Some of the chores he has to do now are not pleasant, but he does them, and does them well. For he knows that he's fighting for you . . . for the land he loves . . . for the way of life that's the best this earth has ever seen. When he comes back, victorious, this whole broad nation should be his welcome mat. And he should find here the things he has fought for . . . kept and guarded for him . . .

THIS is a time for straight thinking and straight talk about the future . . . about the day when America's fighting men return to the land they've been fighting for. What kind of America will they come back to?

The best way to plan for those days that lie ahead is to put every spare dollar into War Bonds. Not only because it's high patriotism to help buy tanks, and ships, and planes. Not only because it proves to our fighting men that we're behind them with all our loyalty. More than that. Those War Bonds you buy now are an investment in a strong, sure future . . . for *you* . . . for the men now in battle . . . for America.

In other years you might have put the surplus money into new machines. But now your new equipment, your new Farmall Tractor and International Truck have been made into tanks, and shells, and guns—for your boys who are fighting for you.

And remember, when you buy War Savings

Bonds, you are lending—not giving—your money to your country. The principal itself, and good interest, are guaranteed by the Government of the United States. At maturity you will get \$4 back for every \$3 that you put in.

The more bonds bought voluntarily, the less money our Government will have to raise by taxation! That's an important point to consider.

So exercise the patriotic thrift that means freedom—for your country and for you. Put your money—every dollar you can—into War Bonds . . . and keep it there, for Victory!

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We know, and our dealers know, the tremendous problems caused by restrictions on the manufacture of new and replacement machines. Your McCormick-Deering Dealer can help you keep what you have in working order. He's a specialist in farm equipment. See him first.

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